

the buzz

November 2018



Here are 5 super foods for the Fall Season. They are packed with vitamins and nutrients and can be used as ingredients in your favorite meals or simply eaten alone!

Pumpkin: While representing the epitome of autumn, pumpkins are a great source of fiber and vitamin A. For a simple side dish, we suggest roasting or sautéing pumpkin meat with a little bit of olive oil, salt and pepper. For a slightly sweeter treat, try adding a bit of maple syrup to your cooked pumpkin dish.

Pumpkin Seeds: Although pumpkin seeds come from the fruit of a pumpkin, the nutritional content is completely different. A hearty helping of healthy fats and oils can be found in each seed. Try roasting them in the oven on a baking sheet for a snack or top your salads with a few.

Apples: Not only are they one of the most convenient and mess-free snacks to grab, apples are also high in fiber and are a good source of several vitamins,

including A and C. For a slightly more substantial snack, cut an apple into slices and enjoy them with cheese, hummus or peanut butter.

Beets: Not just beets, but root veggies of all kinds such as carrots, turnips and rutabaga, are all nutritional super foods in the Fall Season. Beets are jam-packed with folate, vitamin C and magnesium. While beets are great in salads or soups, you can also enjoy them as a dish by roasting and then topping with fresh garlic and rosemary.

Brussels sprouts: While many associate this dish with the traditional Thanksgiving feast, brussels sprouts can be enjoyed all season long. They are a good source of dietary fiber and folate and are high in vitamin C. They can be eaten either steamed, gratin or roasted.

Pumpkin Parfait recipe

- 1 can (about 15 ounces) low-sodium pumpkin
- 3 cups fat-free or low-fat vanilla yogurt
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg

Granola:

- ¼ cup raisins
- ½ cup quick cooking oats
- ½ cup rice crisps
- 1 tablespoon vegetable oil
- ¼ cup brown (or white) sugar

1. Preheat oven to 325° F
2. In a blender or with a fork, blend the pumpkin until smooth.
3. Mix pumpkin, yogurt, and spices in a bowl.
4. In another bowl, mix the granola ingredients: raisins, quick cooking oats, rice crisps, oil and sugar.
5. Spread granola on a baking pan. Bake for 10 minutes.
6. Let the granola cool down until it hardens. Then, break it apart or crush it into small pieces.
7. Spoon the pumpkin into 6 medium-size glasses or bowls.
8. Put granola on top of the pumpkin in each glass or bowl. Spoon the pumpkin and granola in layers until all have been added to a glass or bowl.
9. Serve immediately or refrigerate.

November Happenings

Nutrition and Fitness Workshops

Strength Training Basics:

Participants will learn weight training exercises that can be completed in the St. Louis City Fitness Center using dumbbells, resistance bands and the Hoist cable weight machine.

Date: November 7

Time: 11:30 a.m.-noon and noon-1 p.m.

Location: 1114 Market St., Rm. 770 St. Louis, MO 63101

Fueling for Exercise: Did you know eating protein post workout may decrease muscle soreness?

This class will help participants understand what foods are good for pre or post workout fueling and hydration.

Date: November 14

Time: 12-1pm

Location: 1520 Market, conference room #1, St. Louis, MO 63103

RSVP to Bee-Fit Wellness Coordinator Cathy Hargrove by e-mail hargrovec@stlouis-mo.gov or phone at 314-622-4849.

Vein Screenings

A Venous Disease screening will be offered by Washington University Vein Center for City of St. Louis employees. The extent of venous disease can be easily characterized and treated based on symptoms, physical exam and ultrasound findings. The brief screening performed will identify employees who have chronic venous disease, but will not constitute a complete evaluation, nor be sufficient to plan treatment.

The screening should take between 15-30 minutes, and employees will be given a copy of the preliminary findings. The screening will include a limited medical history focusing on venous disease symptoms and a physical exam limited to legs. For individuals who have findings consistent with chronic venous disease, a limited ultrasound will be performed. If a further evaluation is recommended, employees will be given information at the screening event.

Nov 7	Water Division-Kingshighway	1640 S. Kingshighway Blvd., Lower Level Conference Rm., St. Louis, MO 63110	8 a.m.-noon
Nov 8	Street Department	1900 Hampton Ave., Conference Rm., St. Louis, MO 63139	Noon-4 p.m.
Nov 14	Carnahan Building	1114 Market St., Rm. 921, St. Louis, MO 63101	9 a.m.-1 p.m.
Nov 15	1520 Market	1520 Market St., Conference Rm. 3, St. Louis, MO 63103	9 a.m.-1 p.m.

For more information or to sign-up, please contact Bee-Fit Wellness Coordinator Cathy Hargrove at hargrovec@stlouis-mo.gov or by phone at 314-622-4849.

American Cancer Society's Great American Smokeout

This could be **day one** in your smoke free journey that will lead to a healthier lifestyle and reducing your cancer risk.

Date: November 15

Event: Bee-Fit will be distributing suckers, sugar-free gum and smoking cessation resources at worksites.

For information on the Great American Smokeout and more smoking cessation resources, [click here](#).



Find answers to the below questions in this current November Buzz edition. Submit answers to the questions below by e-mailing Bee-Fit Wellness Coordinator Cathy Hargrove at hargrovec@stlouis-mo.gov, faxing 314-612-1488 or calling 314-622-4849 no later than November 15 to be eligible for entry into the raffle for a Bee-Fit prize.

1. Name one fall super food listed in this Buzz edition.
2. What date is the Great American Smokeout?
3. Name one Bee-Fit fitness and nutrition workshop being offered in November.



September Wellness Trivia Winner
Heather Ware



Provided by:
Department of Personnel and BJC HealthCare
for the Bee-Fit Wellness Program

For more information:
Contact Cathy Hargrove at 314-622-4849 or
hargrovec@stlouis-mo.gov

Look for us on:  

BJC HealthCare